




September 2023 Live Well Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	31	1 Baked Chicken	2	
3	4 	5 Chicken Stir Fry	6 Teriyaki Chicken	7 Pot Roast w/Vegetables	8 Chinese Style Fish	9	
10	11  Meatloaf w/Bacon	12 Sweet & Sour Fish	13 Stir Fry Tofu Chicken	14 Shoyu Chicken	15 Kalua Pork & Cabbage	16	
17	18 Pork Guisantes	19 Baked Fish	20 Stuffed Cabbage	21 Beef Chili	22 Herb Chicken	23	
24	25 Huli Huli Chicken	26 Hamburger Steak	27 Black Bean Spare Ribs	28 Corned Beef & Cabbage	29 Lau Lau	30	
1	2	Menu items are subject to change without notice					